THE FIRSTGLANCE

BREAST AUGMENTATION
POST OPERATIVE CARE INSTRUCTIONS

SUPPLIES TO HAVE AT HOME

Please have the following items ready before your surgery to make your recovery more comfortable.

- Prescribed medications, including pain medication and antibiotics (if prescribed).
- Tylenol (acetaminophen) for pain management.
- Advil (ibuprofen) or Aleve (naproxen), if appropriate. Do not take until at least 3 days after surgery unless otherwise instructed.
- Gravol (dimenhydrinate) or prescribed anti-nausea medication, if needed.
- Stool softener or laxative (e.g., RestoraLAX or Senokot) in case of constipation.
- Clean gauze pads, panty-liners or non-stick dressings to protect your incisions if needed.
- A comfortable, supportive postoperative bra without underwire. **Please bring your postoperative bra with you on the day of surgery.**
- Comfortable, loose-fitting clothing, preferably with buttons or a zipper in the front.
- Extra pillows to help keep your upper body elevated while sleeping.
- **For scar care (after your incisions have healed):**
  - Vivier V-STAT Advanced Scar Gel or silicone scar sheets.

DRESSING AND WOUND CARE

- Your breasts will be covered with surgical dressings after surgery, and you will be placed in a supportive postoperative bra.
- You may remove the outer dressings **48 hours after surgery**, unless otherwise instructed.
- Leave the **Steri-Strips (white tape)** directly over your incisions in place. These will generally remain for approximately 2 weeks and may be removed at your postoperative appointment.
- You may shower **48 hours after surgery**, once the outer dressings have been removed.
- Allow soap and water to run gently over your incisions. Do not scrub the area.
- Pat the incisions dry with a clean towel or allow them to air dry.
- You may place clean gauze or a panty-liner over the incisions for comfort or to prevent rubbing against your bra.
- Do not apply creams, ointments, or lotions directly to your incisions unless instructed by Dr. Doucet.
- **Avoid soaking your incisions for 4 weeks**, including baths, swimming pools, hot tubs, and lakes, or until your incisions are completely healed.

A small amount of spotting or drainage from your incisions can be normal during the first few days. If bleeding occurs, apply gentle, continuous pressure with clean gauze for 10-20 minutes.

If bleeding persists or one breast suddenly becomes significantly larger, firmer, or more painful than the other, contact Dr. Doucet immediately or seek emergency medical attention.

POSTOPERATIVE BRA AND SUPPORT

- Wear your postoperative surgical bra **day and night for the first 4–6 weeks**, unless otherwise instructed.
- You may remove the bra briefly to shower and wash it.
- The bra should provide comfortable support without excessive compression.
- Avoid underwire bras, push-up bras, or bras with excessive padding during the initial healing period unless specifically recommended.
- You may transition to a regular bra once cleared by Dr. Doucet.

Your breasts may initially appear high, swollen, firm, or slightly different in shape. This is normal during the early healing period. The implants will gradually settle, and your breast shape will continue to change over the following weeks to months.

ACTIVITY AND REST

First 48 Hours

- Rest and take it easy. Short, frequent walks around your home are encouraged.
- Avoid strenuous activity, heavy lifting, and repetitive arm movements.
- Sleep on your back, preferably with your upper body slightly elevated for comfort.
- Avoid sleeping directly on your chest.

First 2 Weeks

- Avoid exercise or activities that significantly increase your heart rate or blood pressure.
- Avoid running, aerobics, jumping, or activities that cause significant breast movement.
- Avoid lifting more than approximately 10 lbs (4.5 kg).
- Gentle arm movements and normal daily activities are encouraged as tolerated. Avoid forceful stretching or repetitive overhead activity.

Weeks 2–6

- Gradually increase light activities as tolerated.
- Avoid strenuous upper-body exercise, heavy lifting, chest exercises, and high-impact activities until cleared by Dr. Doucet.
- Walking and light lower-body activities may be resumed gradually if comfortable.

Most patients may return to desk work within approximately **5–7 days**, depending on discomfort and the nature of their work. Physically demanding jobs may require additional time off.

Do not drive while taking opioid pain medications or until you can comfortably and safely operate a vehicle, including performing an emergency stop.

MEDICATIONS AND PAIN MANAGEMENT

- Take all prescribed medications as directed.
- **Acetaminophen (Tylenol)** may be used for pain control. Do not exceed **4,000 mg in 24 hours** from all sources combined.
- If prescribed an opioid medication containing acetaminophen (such as Tylenol No. 3 or Percocet), remember that this contributes to your daily acetaminophen total.
- **Avoid anti-inflammatory medications** such as Advil (ibuprofen), Aleve (naproxen), or aspirin for the first **3 days after surgery**, unless otherwise instructed.
- After 3 days, anti-inflammatory medications may be used if appropriate and approved by Dr. Doucet.
- Take prescribed antibiotics as directed, if applicable.
- Resume your regular medications unless you have been instructed otherwise.

Constipation: Pain medications, particularly opioids, can cause constipation. Drink plenty of fluids and consider a stool softener or laxative such as RestoraLAX or Senokot if you have not had a bowel movement within 2 days.
Nausea: Mild nausea may occur after anesthesia or with pain medications. Take prescribed anti-nausea medication as directed, if needed.

WHAT TO EXPECT AFTER SURGERY

The following are common during the initial recovery period:

- Swelling, bruising, and tightness across the breasts or chest.
- Mild differences in swelling or breast shape between the two sides.
- Temporary changes in nipple or breast sensation, including numbness or hypersensitivity.
- A feeling that the implants are sitting high or that the breasts are unusually firm.

- Mild discomfort with arm movements or certain sleeping positions.

Swelling will gradually improve over several weeks, although the final breast shape and implant position may take several months to settle.

Do not massage or manipulate your implants unless specifically instructed by Dr. Doucet.

SCAR CARE

Scar care will be reviewed at your postoperative appointment.

- Once your incisions are completely healed, usually around **2–3 weeks after surgery**, you may begin gentle scar massage.
- We recommend **Vivier V-STAT Advanced Scar Gel** for scar massage and regular topical application to help improve scar appearance.
- Alternatively, **silicone scar sheets** may be used over the incisions.
- Avoid applying vitamin E directly to your scars.
- Protect your scars from sun exposure for at least **12 months**. If exposed to sunlight, apply sunscreen with **SPF 45 or higher**.

Scars will initially appear pink or red and may feel firm. They will gradually soften and fade over the following 6–12 months or longer.

WHEN TO CONTACT DR. DOUCET

Please contact the office if you experience:

- Increasing pain, redness, warmth, or swelling around an incision.
- Fever of **38°C or higher**.
- Thick, cloudy, or foul-smelling drainage from your incisions.
- Persistent bleeding or opening of an incision.
- Sudden or significant increase in swelling, firmness, or pain in one breast.
- Uncontrolled pain despite taking prescribed medication.
- Any other concerns about your recovery.

Seek emergency medical attention immediately if you experience chest pain, sudden shortness of breath, fainting, coughing up blood, or significant leg pain or swelling.

Emergency / After-Hours Care

- Weekday Care (8 am to 5 pm): If you have concerns about your surgery or healing, call Dr. Doucet's office 204-885-1419**.**
- Weekend and After Hour Care: If it's after 5 pm or during a weekend, you may call or text Dr. Doucet **at 204-808-3584**. If your concern is urgent or you do not receive a response to your text message, please call rather than text.
- In an emergency, if you cannot reach Dr. Doucet after 3 attempts, please go to the nearest emergency department